



DEPARTMENT OF THE AIR FORCE
59TH MEDICAL WING (AETC)
JOINT BASE SAN ANTONIO - LACKLAND TEXAS

9 MAY 2016

MEMORANDUM FOR ST

ATTN: COL BRENDA MORGAN

FROM: 59 MDW/SGVU

SUBJECT: Professional Presentation Approval

1. Your paper, entitled **Treatment Seeking Beliefs and Behaviors in Air Force Nursing Personnel** presented at/published to **San Antonio Military Health System and Universities Research Forum (SURF) 20 May 2016, San Antonio, TX** with MDWI 41-108, and has been assigned local file #**16188**.
2. Pertinent biographic information (name of author(s), title, etc.) has been entered into our computer file. Please advise us (by phone or mail) that your presentation was given. At that time, we will need the date (month, day and year) along with the location of your presentation. It is important to update this information so that we can provide quality support for you, your department, and the Medical Center commander. This information is used to document the scholarly activities of our professional staff and students, which is an essential component of Wilford Hall Ambulatory Surgical Center (WHASC) internship and residency programs.
3. Please know that if you are a Graduate Health Sciences Education student and your department has told you they cannot fund your publication, the 59th Clinical Research Division may pay for your basic journal publishing charges (to include costs for tables and black and white photos). We cannot pay for reprints. If you are 59 MDW staff member, we can forward your request for funds to the designated wing POC.
4. Congratulations, and thank you for your efforts and time. Your contributions are vital to the medical mission. We look forward to assisting you in your future publication/presentation efforts.

LINDA STEEL-GOODWIN, Col, USAF, BSC
Director, Clinical Investigations & Research Support

PROCESSING OF PROFESSIONAL MEDICAL RESEARCH/TECHNICAL PUBLICATIONS/PRESENTATIONS

INSTRUCTIONS

USE ONLY THE MOST CURRENT 59 MDW FORM 3039 LOCATED ON AF E-PUBLISHING

1. The author must complete page two of this form:
 - a. In Section 2, add the funding source for your study [e.g., 59 MDW CRD Graduate Health Sciences Education (GHSE) (SG5 O&M); SG5 R&D; Tri-Service Nursing Research Program (TSNRP); Defense Medical Research & Development Program (DMRDP); NIH; Congressionally Directed Medical Research Program (CDMRP) ; Grants; etc.]
 - b. In Section 2, there may be funding available for journal costs, if your department is not paying for figures, tables or photographs for your publication. Please state "YES" or "NO" in Section 2 of the form, if you need publication funding support.
2. Print your name, rank/grade, sign and date the form in the author's signature block or use an electronic signature.
3. Attach a copy of the 59 MDW IRB or IACUC approval letter for the research related study. If this is a technical publication/presentation, state the type (e.g. case report, QA/QI study, program evaluation study, informational report/briefing, etc.) in the "Protocol Title" box.
4. Attach a copy of your abstract, paper, poster and other supporting documentation.
5. Save and forward, via email, the processing form and all supporting documentation to your unit commander, program director or immediate supervisor for review/approval.
6. On page 2, have either your unit commander, program director or immediate supervisor:
 - a. Print their name, rank/grade, title; sign and date the form in the approving authority's signature block or use an electronic signature.
7. Submit your completed form and all supporting documentation to the CRD for processing (59crdpubspres@us.af.mil). If you have any questions or concerns, please contact the 59 CRD/ Publications and Presentations Section at 292-7141 for assistance.
8. The 59 CRD/Publications and Presentations Section will route the request form to clinical investigations, 502 ISG/JAC (Ethics Review) and Public Affairs (59 MDW/PA) for review and then forward you a final letter of approval or disapproval.
9. Once your manuscript, poster or presentation has been approved for a one-time public release, you may proceed with your publication or presentation submission activities, as stated on this form. **Note:** For each new release of medical research or technical information as a publication/presentation, a new 59 MDW Form 3039 must be submitted for review and approval.
10. If your manuscript is accepted for scientific publication, please contact the 59 CRD/Publications and Presentations Section at 292-7141. This information is reported to the 59 MDW/CC. All medical research or technical information publications/presentations must be reported to the Defense Technical Information Center (DITC). See 59 MDWI 41-108, *Presentation and Publication of Medical and Technical Papers*, for additional information.

NOTE: All abstracts, papers, posters, etc., should contain the following disclaimer statement:

"The views expressed are those of the [author(s)] [presenter(s)] and do not reflect the official views or policy of the Department of Defense or its Components"

NOTE: All abstracts, papers, posters, etc., should contain the following disclaimer statement for research involving humans:

"The voluntary, fully informed consent of the subjects used in this research was obtained as required by 32 CFR 219 and DODI 3216.02_AFI 40-402."

NOTE: All abstracts, papers, posters, etc., should contain the following disclaimer statement for research involving animals, as required by AFMAN 40-401_IP :

"The experiments reported herein were conducted according to the principles set forth in the National Institute of Health Publication No. 80-23, Guide for the Care and Use of Laboratory Animals and the Animal Welfare Act of 1966, as amended."

PROCESSING OF PROFESSIONAL MEDICAL RESEARCH/TECHNICAL PUBLICATIONS/PRESENTATIONS			
1. TO: CLINICAL RESEARCH	2. FROM: (Author's Name, Rank, Grade, Office Symbol) Brenda Morgan, Col, O6, 59MDW/ST	3. GME/GHSE STUDENT: <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO	4. PROTOCOL NUMBER: UNM HSC 14-009
5. PROTOCOL TITLE: (NOTE: For each new release of medical research or technical information as a publication/presentation, a new 59 MDW Form 3039 must be submitted for review and approval.) Resilience, Stigma and Barriers to Mental Health Care in Air Force Nursing Personnel			
6. TITLE OF MATERIAL TO BE PUBLISHED OR PRESENTED: Treatment Seeking Beliefs and Behaviors in Air Force Nursing Personnel			
7. FUNDING RECEIVED FOR THIS STUDY? <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO FUNDING SOURCE: TSNRP/ #N14-P17			
8. DO YOU NEED FUNDING SUPPORT FOR PUBLICATION PURPOSES: <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO			
9. IS THIS MATERIAL CLASSIFIED? <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO			
10. IS THIS MATERIAL SUBJECT TO ANY LEGAL RESTRICTIONS FOR PUBLICATION OR PRESENTATION THROUGH A COLLABORATIVE RESEARCH AND DEVELOPMENT AGREEMENT (CRADA), MATERIAL TRANSFER AGREEMENT (MTA), INTELLECTUAL PROPERTY RIGHTS AGREEMENT ETC.? <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO NOTE: If the answer is YES then attach a copy of the Agreement to the Publications/Presentations Request Form.			
11. MATERIAL IS FOR: <input checked="" type="checkbox"/> DOMESTIC RELEASE <input type="checkbox"/> FOREIGN RELEASE CHECK APPROPRIATE BOX OR BOXES FOR APPROVAL WITH THIS REQUEST. ATTACH COPY OF MATERIAL TO BE PUBLISHED/PRESENTED.			
<input type="checkbox"/> 11a. PUBLICATION/JOURNAL (List intended publication/journal.)			
<input type="checkbox"/> 11b. PUBLISHED ABSTRACT (List intended journal.)			
<input type="checkbox"/> 11c. POSTER (To be demonstrated at meeting: name of meeting, city, state, and date of meeting.)			
<input type="checkbox"/> 11d. PLATFORM PRESENTATION (At civilian institutions: name of meeting, state, and date of meeting.) San Antonio Military Health System and Universities Research Forum (SURF), 20 May 2016, San Antonio Tx			
<input type="checkbox"/> 11e. OTHER (Describe: name of meeting, city, state, and date of meeting.)			
12. EXPECTED DATE WHEN YOU WILL NEED THE CRD TO SUBMIT YOUR CLEARED PRESENTATION/PUBLICATION TO DTIC NOTE: All publications/presentations are required to be placed in the Defense Technical Information Center (DTIC).			
DATE June 20, 2016			
13. 59 MDW PRIMARY POINT OF CONTACT (Last Name, First Name, M.I., email) Morgan, Brenda, J. brenda.morgan@us.af.mil			14. DUTY PHONE/PAGER NUMBER 292-5931
15. AUTHORSHIP AND CO-AUTHOR(S) List in the order they will appear in the manuscript.			
LAST NAME, FIRST NAME AND M.I.	GRADE/RANK	SQUADRON/GROUP/OFFICE SYMBOL	INSTITUTION (If not 59 MDW)
a. Primary/Corresponding Author Stephen H. A. Hernandez	Lt Col, USAFR		Univ of New Mexico CON
b. Brenda J. Morgan	Col/O6	59 MDW/ST	
c. Mark. B. Parshall			Univ of New Mexico CON
d.			
e.			
f.			
I CERTIFY ANY HUMAN OR ANIMAL RESEARCH RELATED STUDIES WERE APPROVED AND PERFORMED IN STRICT ACCORDANCE WITH 32 CFR 219, AFMAN 40-401_IP, AND 59 MDWI 41-108. I HAVE READ THE FINAL VERSION OF THE ATTACHED MATERIAL AND CERTIFY THAT IT IS AN ACCURATE MANUSCRIPT FOR PUBLICATION AND/OR PRESENTATION.			
16. AUTHOR'S PRINTED NAME, RANK, GRADE Brenda J. Morgan, Col/O6		17. AUTHOR'S SIGNATURE MORGAN BREND A.J.1135106085 <small>Digitally signed by MORGAN BREND A.J.1135106085 DN: cn=MORGAN BREND A.J.1135106085, o=USAF Date: 2016.04.22 17:20:08 -0500</small>	18. DATE April 22, 2016
19. APPROVING AUTHORITY'S PRINTED NAME, RANK, TITLE Jacqueline M. Killian, Lt Col/O-5		20. APPROVING AUTHORITY'S SIGNATURE KILLIAN JACQUELINE M.1050091 <small>Digitally signed by KILLIAN JACQUELINE M.1050091 DN: cn=KILLIAN JACQUELINE M.1050091, o=USAF Date: 2016.04.25 12:20:49 -0500</small>	21. DATE April 25, 2016

PROCESSING OF PROFESSIONAL MEDICAL RESEARCH/TECHNICAL PUBLICATIONS/PRESENTATIONS		
1st ENDORSEMENT (59 MDW/SGVU Use Only)		
TO: Clinical Research Division 59 MDW/CRD Contact 292-7141 for email instructions.	22. DATE RECEIVED April 28, 2016	23. ASSIGNED PROCESSING REQUEST FILE NUMBER 16188
24. DATE REVIEWED 29 Apr 2016	25. DATE FORWARDED TO 502 ISG/JAC	
26. AUTHOR CONTACTED FOR RECOMMENDED OR NECESSARY CHANGES: <input checked="" type="checkbox"/> NO <input type="checkbox"/> YES If yes, give date. _____ <input type="checkbox"/> N/A		
27. COMMENTS <input checked="" type="checkbox"/> APPROVED <input type="checkbox"/> DISAPPROVED The presentation is approved.		
28. PRINTED NAME, RANK/GRADE, TITLE OF REVIEWER Rocky Calcote, PhD, Clinical Research Administrator	29. REVIEWER SIGNATURE CALCOTE.ROCKY.D.1178245844 <small>Digitally signed by CALCOTE.ROCKY.D.1178245844 DN: cn=US, o=US, ou=Department of Defense, email=ROCKY.D.CALCOTE@DOD.mil, c=US Date: 2016.04.28 16:10:25 -0500</small>	30. DATE
2nd ENDORSEMENT (502 ISG/JAC Use Only)		
31. DATE RECEIVED	32. DATE FORWARDED TO 59 MDW/PA	
33. COMMENTS <input type="checkbox"/> APPROVED (In compliance with security and policy review directives.) <input type="checkbox"/> DISAPPROVED		
34. PRINTED NAME, RANK/GRADE, TITLE OF REVIEWER	35. REVIEWER SIGNATURE	36. DATE
3rd ENDORSEMENT (59 MDW/PA Use Only)		
37. DATE RECEIVED April 29, 2016	38. DATE FORWARDED TO 59 MDW/SGVU May 03, 2016	
39. COMMENTS <input checked="" type="checkbox"/> APPROVED (In compliance with security and policy review directives.) <input type="checkbox"/> DISAPPROVED		
40. PRINTED NAME, RANK/GRADE, TITLE OF REVIEWER Christopher Carwile, TSgt/E-6, NCOIC, PA	41. REVIEWER SIGNATURE CARWILE CHRISTOPHER STEW ART.1280477229 <small>Digitally signed by CARWILE CHRISTOPHER STEWART.1280477229 DN: cn=US, o=US, ou=Department of Defense, email=CARWILE.CHRISTOPHER@DOD.mil, c=US Date: 2016.05.03 10:57:38 -0500</small>	42. DATE May 03, 2016
4th ENDORSEMENT (59 MDW/SGVU Use Only)		
43. DATE RECEIVED	44. SENIOR AUTHOR NOTIFIED BY PHONE OF APPROVAL OR DISAPPROVAL <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> COULD NOT BE REACHED <input type="checkbox"/> LEFT MESSAGE	
45. COMMENTS <input type="checkbox"/> APPROVED <input type="checkbox"/> DISAPPROVED		
46. PRINTED NAME, RANK/GRADE, TITLE OF REVIEWER	47. REVIEWER SIGNATURE	48. DATE

Treatment Seeking Beliefs and Behaviors in Air Force Nursing Personnel

Stephen Hernandez, Lt Col, USAFR, NC, PhD, RN

Assistant Professor, University of New Mexico, College of Nursing; 302d ASTS, Peterson AFB, CO

Brenda Morgan, Col, USAF, NC, PhD, RN

Director, 59th Medical Wing Nursing Research Division, JBSA Lackland, TX



Mark Parshall, PhD, RN

Professor, University of New Mexico, College of Nursing



Acknowledgements

- This research (TSNRP #N14-P17) is funded by a grant provided by the TriService Nursing Research Program (TSNRP)
- Access to the Research Data Capture (REDCap) tools, hosted at the UNM Health Sciences Center Clinical and Translational Science Center with grant support (DHHS/NIH/NCRR #UL1TR001449)
- Survey Control Number for this effort is AF14-135SGN
- Cooperative Agreement (CRADA, DTTIS #: 14-SG-217-C14006): AF Surgeon General – UNM
- Chief Nurses and nursing staff support: 60th, 88th, and 779th MDGs

Disclaimers

- The views expressed are those of the researchers and do not necessarily reflect the official policy or position of the Department of the Air Force, Department of Defense, U.S. Government or the TriService Nursing Research Program.
- The voluntary, fully informed consent of subjects used in this research was obtained as required by 32 CFR 219 and DoDI 3216.02_AFI 40-402, Protection of Human Subjects in Biomedical and Behavioral Research.
- Conflicts of Interest: None

Research Question and Specific Aims

- To what extent are perceptions of stigma and barriers to accessing mental health (MH) services, perceived stress, and resilience related to mental health treatment-seeking by AF nursing personnel?
- To assess the extent accessing MH services in AF nursing personnel are influenced by:
 - Perceived stigma and barriers to care
 - Resilience
 - Perceived stress
 - Demographic characteristics
 - Military grade
 - Previous deployment

Methods

- Descriptive, comparative design
- Guided by a modified version of the Theory of Planned Behavior¹
- Data collected via an anonymous, online survey
- Principal investigator traveled to each site to speak with available AF nursing staff and answer potential participants' questions
- Supporting liaison at each site e-mailed survey information to potential participants who were asked to complete:
 - Demographic items
 - Stigma and Barriers to Care scales
 - Conner-Davidson Resilience Scale (CD-25)
 - Perceived Stress Questionnaire (PSQ)
 - Views of Psychological Problems (VPP)
 - Attitudes Towards Treatment Seeking (ATTS)
- Statistical Analysis: Assessment of descriptive statistics and *t*-test, MANOVA, Pearson's *r*, or Logistic Regression, as appropriate

Sample Characteristics (n=250)

Gender	
Male	86 (34.4%)
Female	161 (64.4%)
Unknown	3 (1.2%)
Race	
American Indian/Alaskan Native	9 (3.6%)
Asian	18 (7.2%)
Black	33 (13.2%)
Hawaiian or Pacific Islander	3 (1.2%)
White	196 (78.4%)
More than 1	15 (6%)
Ethnicity	
Hispanic or Latino/Latina	22 (8.8%)
Not Hispanic or Latino/Latina	226 (90.4%)
Unknown	2 (0.8%)
Military Grade	
Officer	141 (56.4%)
Enlisted	104 (41.6%)
Unknown	5 (2%)

Sample Characteristics (n=250)

Deployed since 9/11	144 (57.6%)
Number of months deployed	
≤ 12 months	90 (36%)
13-24 months	45 (18%)
25-36 months	6 (2.4%)
≥ 36 months	4 (1.6%)
Awarded expeditionary medal	122 (48.8%)
Ever Accessed MHS	113 (42.2%)
Before military	6 (5.3%)
During service, not R/T deployment	69 (61.1%)
Predeployment	3 (2.7%)
Postdeployment	31 (27.4%)
Currently experiencing a stress or an emotional problem	117 (43.7%)
Mild	27 (23.1%)
Moderate	74 (63.2%)
Severe	16 (13.7%)
Sought MHS for current stress or emotional problem ≤ 6 months	32 (27.4%)
Would access MH or counseling next 30 days (n=238)	
Very Unlikely	135 (50.4%)
Unlikely	45 (16.8%)
Neither Likely nor Unlikely	30 (11.2%)
Likely	11 (4.1%)
Very Likely	17 (6.3%)

Scales' Mean, SD, and α

Scale	Mean (SD)	Possible Score Range	α
Stigma Scale (n=250)	3.1 (.88)	1 – 5	.86
Barriers to Care Scale (n=250)	2.1 (.74)	1 – 5	.73
CD-RISC (n=246)	75.4 (12.68)	0 – 100	.92
PSQ (n=239)	.43 (.18)	0 – 1	.95
VPP (n=234)	12.8 (3.31)	5-25	.68

ATTS and Subjective Norms

	<i>n</i> (%)
Current attitude toward seeking treatment	
Very Negative	15 (6.3)
Negative	24 (10.1)
Slightly Negative	39 (16.4)
Neutral	53 (22.3)
Slightly Positive	31 (13.0)
Positive	58 (24.4)
Very Positive	18 (7.6)
Most people who are important to me would think I should seek treatment if I were having a psychological problem.	
Strongly Disagree	8 (3.4)
Disagree	14 (5.9)
Somewhat Disagree	14 (5.9)
Neither Agree or Disagree	44 (18.5)
Somewhat Agree	49 (20.6)

VPP Item Responses

Item	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
Psychological problems, like many things, tend to work out by themselves. (n=239)	19 (7.9%)	77 (32.2%)	86 (36.0%)	54 (22.6%)	3 (1.3%)
There are certain problems which should not be discussed outside of one's immediate family. (n=239)	17 (7.1%)	76 (31.8%)	58 (24.3%)	64 (26.8%)	24 (10.0%)
People with strong characters can get over psychological problems by themselves and would have little need for professional help. (n=238)	37 (15.5%)	111 (46.6%)	60 (25.2%)	25 (10.5%)	5 (2.1%)
People should work out their own problems; getting professional help should be a last resort. (n=238)	52 (21.8%)	106 (44.5%)	55 (23.1%)	21 (8.8%)	4 (1.7%)
Keeping one's mind on a job is a good solution for avoiding personal worries and concerns. (n=235)	36 (15.3%)	106 (45.1%)	57 (24.3%)	29 (12.3%)	7 (3.0%)

Treatment Seeking

Scale Mean, Standard Deviation, and 95% CI by Treatment Seeking in the Last Six Months			
Scale	Yes Mean (SD)	No Mean (SD)	Difference (95% CI)
Stigma Scale	3.21 (0.98)	3.16 (0.85)	0.06 (-0.27, 0.38)
Barriers to Care Scale	2.03 (0.79)	2.16 (0.71)	-0.13 (-0.40, 0.14)
CD-RISC	70.38 (16.47)	76.40 (11.70)	- 6.03 (-12.16, 0.11)
PSQ	0.57 (0.19)	0.41 (0.17)	0.16 (0.10, 0.23)
VPP	11.06 (3.08)	13.01 (3.25)	-1.95 (-0.74, -3.16)
Note. * $p<.001$. ** $p<.002$.			

Correlations Among Stigma, VPP, ATTS, and Subjective

Variable	1	2	3	4	<i>n</i>
1. Stigma	—				250
2. VPP	.234*	—			239
3. ATTS	-.435*	-.352*	—		238
4. Subjective Norms	-.182**	-.246*	.288*	—	238

Notes. * $p < 0.001$, $p = 0.005$.

Preferences for MH Access

	<i>n</i> (%)
Military PCP (MD, PA, NP)	16 (6.7)
Military MH professional	68 (28.5)
Military chaplain	27 (11.3)
Civilian PCP (MD, PA, NP)	4 (1.7)
Civilian MH professional	63 (26.4)
Civilian clergy member	14 (5.9)
Face-to-face counseling arranged through MOS	34 (14.2)
Telephone consultation arranged through MOS	4 (1.7)
Online consultation arranged through MOS	3 (1.3)
Another route to access MH services/ counseling	6 (2.5)

Conclusions

- 1st multi-site study of resilience, stress, & stigma and barriers to accessing mental health services among AF nursing personnel.
- AF nursing personnel have significant concerns that accessing mental health services may harm their career and affect the perceptions of their peers and leaders.
- Personnel who reported having sought mental health services in the previous 6 months had higher stress than those who did not.
- Stigma, barriers, and resilience were not associated with treatment-seeking.

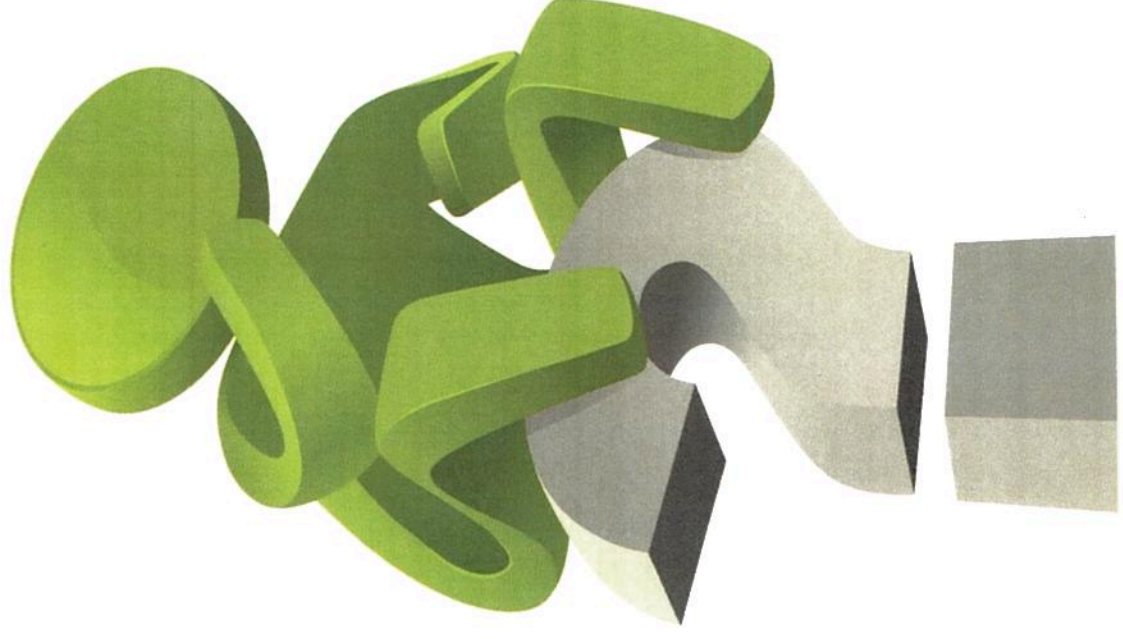
Conclusions

- The use of a shortened stress tool, such as the PSQ, should be piloted to screen for increased levels of stress and aid in the referral of at-risk individuals to MH services.
- The majority of service members who accessed MH services do so during their service, but care was unrelated to a deployment.
 - If this finding remains consistent in future studies, policy makers will need to consider allocating additional MH resources to improve services for non-deployment related MH concerns being experienced by military personnel.

Implications

- AF nursing personnel perceive significant concerns about stigma associated with accessing mental health services, but stigma was not associated with treatment-seeking.
- Future research should be conducted to better understand stigma in other service branches and other categories of military health providers.
- Levels of stress may be more relevant to treatment-seeking than stigma.

Questions



Reference

¹Britt, T., Bennett, E., Crabtree, M., Haugh, C., Oliver, K., McFadden, A., & Pury, C. (2011). The theory of planned behavior and reserve component veteran treatment seeking, *Military Psychology*, 23(1), 82-96. doi:10.1080/08995605.2011.534417